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INFORMATION,
PREVENTION AND
TREATMENT REFERRALS, AND
OTHER RESOURCES ARE
AVAILABLE 24 HOURS A DAY
FROM THE MASSACHUSETTS
SUBSTANCE ABUSE
INFORMATION AND
EDUCATION HELPLINE/
THE MEDICAL FOUNDATION.

800-327-5050
(TOLL-FREE; MULTI-LINGUAL)
TTY: 617-536-5872
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION
AND STATISTICS ARE
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002
www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey
www.doe.mass.edu/hssss/yrbs/01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University
www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002
www.monitoringthefuture.org
- Office of National Drug Control Policy
www.whitehousedrugpolicy.gov
- Parents. The Anti Drug
www.theantidrug.com
- Partnership for a Drug-Free America
www.drugfreeamerica.org
- U. S. Department of Health and Human Services
www.health.org

Be the first to **TALK WITH YOUR PRE-TEEN**
about ALCOHOL, TOBACCO, and other DRUGS

INFORMATION FOR FAMILIES

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INHALANTS

► **WHAT ARE THEY?**

- Common household products that produce gases or vapors causing intoxicating effects
- Can be sniffed or “huffed” (inhaled through the mouth); such use is illegal.
- Also called poppers, bolt, rush, whippets, snappers, locker room, snort, laughing gas

► **STATISTICS**

- For many, one of the first substances abused—some Massachusetts youth begin using inhalants in grade school.
- More than 15% of 8th graders have used an inhalant.

► **RISK**

- Death from heart failure, accidents, or suffocation (even at first use)
- Hearing loss, loss of sense of smell
- Brain damage
- Damage to bone marrow, liver, and kidneys
- Numbness, spasms, loss of consciousness
- Addiction

► **WHAT TO LOOK FOR**

- Sneezing, coughing, nosebleeds
- Mood swings, tiredness, confusion
- Bad breath, chemical odor on clothing
- Lack of coordination, slurred speech
- Sores on face, in mouth and nose; rash around mouth and nose
- Paint or stains on face, fingers, clothing
- Rags, empty containers of products
- Access at home to products that can be abused. (Check products regularly. Purchase water-based versions of products if available.)
- Unable to revive or awaken—call 911.

CLICK
HERE
FOR

**SOURCES
OF
STATISTICS**